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Prevention Information from CSAP's Western Center for the Application of Prevention Technologies

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White Bison's Wellbriety Movement Sacred Hoop Journey III

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White Bison, Inc., is an American Indian owned non-profit corporation which was founded by Don Coyhis in 1989. Its vision is to bring 100 Indian communities to wellbriety by the year 2010. White Bison provides programs and educational resources for Native peoples. The Wellbriety Movement's focus is not only to bring about sobriety, but also Wellbriety among Native American people throughout the United States. It encourages people to recover their ancient traditions, teachings and ceremonies. Wellbriety means a balanced lifestyle emotionally, physically, mentally and spiritually.

The Sacred Hoop, which consists of 100 eagle feathers, was assembled in 1995 by Elders from the Four Directions in a sweat lodge. The Elders put four blessings or gifts into the Hoop:

The gift of power to forgive the unforgivable

The gift of hope

The gift of unity

The gift of healing

As part of White Bison's efforts to promote the Wellbriety Movement as well as bring about a social shift in people's thinking, four journeys were scheduled for the Sacred Hoop. Each Journey is an inspirational and educational event that welcomes the participation of all races and ethnic groups.

In 1999, the Hoop was carried to 32 Tribal Colleges where Native American people were introduced to the Wellbriety Movement and to the four gifts of *forgiveness, hope, unity and healing*. In 2000 the Hoop was carried from Los Angeles, California to Washington, DC. This Walk was also called the Wiping of the Tears as the healing activities of the Walk helped to wipe away the hurt of the Indian Nations. Along the route of the Walk, there were ten one-day conferences that focused on Recovery, Treatment, Prevention, and Intervention for alcohol, drugs and domestic violence.

Sacred Hoop Journey III, "Putting a New Face on Recovery", will continue its efforts to promote wellness by focusing on the Healing of Native Women and Children. Beginning in Billings, Montana on June 1, 2002, the Hoop will stop at 16 Native American Urban Centers west of the Mississippi. At each stop there will be a Wellbriety Days Ceremony celebrating the four gifts brought by the Sacred Hoop. Sixteen day-long conferences will include the topics of Gathering of Women Elders, Children of Alcoholics, Al-Anon, Honoring Women, and the Clan Mothers. The goal will be to bring the message of Wellbriety to the Native Americans living in the urban areas. The Hoop Journey will conclude in Denver, Colorado on July 27th.

In 2003, the Sacred Hoop Journey IV will be dedicated to the Healing of Native Men and children. Messages of Wellbriety will be brought to Native Americans living in the urban and suburban areas east of the Mississippi.

The Wellbriety Movement includes a special emphasis on youth as they are tomorrow's leaders. The Daughters of Tradition, Sons of Tradition and the Youth Wellbriety Movement are prevention programs which provide Native American youth training and development. They also focus on healthy lifestyles and values, healthy relationships, and an appreciation for traditions and spirituality.

Additional resources may be found at the White Bison website: <http://www.whitebison.org>

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The six regional CAPTs are funded by the Center for Substance Abuse Prevention in the Substance Abuse and Mental Health Services Administration. For more information on this Tip of the CAPT or other Western CAPT services, please visit our web site: **www.westcapt.org** or our best practices website: **www.open.org/westcapt**.

Our toll-free office number is: (888) 734-7476